

PREGNANCY PREVENTION INTERVENTION IMPLEMENTATION REPORT

Intervention Name: *Sisters Saving Sisters*

Developer: John B. Jemmott III, PhD; Loretta Sweet Jemmott, PhD, RN, FAAN; Paula K. Braverman, MD; Geoffrey T. Fong, PhD

Program Description: *Sisters Saving Sisters* aims to address the higher risk of HIV/STDs in Latina and African American female adolescent populations. The program is designed to reduce frequency of unprotected sexual intercourse (with and without drug and alcohol use), number of sexual partners, and incidence of sexually transmitted infections. *Sisters Saving Sisters* is a skills-based risk-reduction intervention administered in small groups of 2–10 female adolescents, by trained facilitators in one 250-minute session in a community-based clinic setting.

Component 1: Curriculum

The program engages participants in activities such as role-playing, handling, and practicing correct placement of condoms using anatomical models; teaches effective condom negotiation skills; and discusses the barriers to condom use such as alcohol and drug use.

Target Population: Available information describes the target population as sexually active Latina and African American female patients, ages 12–19, recruited from family planning clinics.

Curriculum Materials: No information is available online about curriculum materials.

Training and TA: The program uses facilitators with a bachelor's degree and experience working with inner city adolescents. Facilitators also receive an eight-hour training prior to the implementation of the program.

Research Evidence¹

Study Citation:	Jemmott, J. B., Jemmott, L. S., Braverman, P. K., & Fong, G. T. (2005). HIV/STD Risk Reduction Interventions for African American and Latino Adolescent Girls at an Adolescent Medicine Clinic: A Randomized Controlled Trial. <i>Archives of Pediatrics & Adolescent Medicine</i> , 159, (5) 440–449.
Population Evaluated:	Sexually experienced predominantly African American (68%) and Latino (32%) girls who were patients at a family planning clinic <ul style="list-style-type: none">• Age range 12 to 19 year (mean age 15.5 years)
Settings:	An adolescent medicine clinic at a children's hospital serving a low-income, inner city community in Philadelphia, Pennsylvania
Study Findings:	At the 12-month follow-up: adolescents participating in the intervention reported significantly fewer days of sex without condom use in the previous 3 months, significantly fewer sexual partners in the previous 3 months, were significantly less likely to report having had multiple sex partners in the previous 3 months, and were significantly less likely to test positive for gonorrhea, chlamydia, or trichomonas.

¹ This summary of evidence is limited to studies of the intervention meeting the inclusion criteria and evidence standards for the Pregnancy Prevention Research Evidence Review. Findings from these studies include only those showing a statistically significant positive impact on sexual risk behavior or its health consequences. Studies may present other positive findings beyond those described; however, they were not considered as evidence for effectiveness because they focused on non-priority outcomes or subgroups, did not meet baseline equivalence requirements, or were based on follow-up data with high sample attrition. For additional details on the review process and standards, see the review's Technical Documentation.